

# Skills Group

## Cognitive–Behavioral Skills Training (DBT Skills)

Provides skills in four areas:

- Mindfulness
- Interpersonal Relationships
- Emotional Management
- Distress Tolerance

This is an ongoing program to change and improve the quality of life for people suffering with emotional and behavioral challenges.

### Program Length

6–7 months

### Day & Time

Thursdays

1:00 – 3:00 p.m.

OR

6:00 – 8:00 p.m.

**Cost: \$160.00 per week**

Insurance accepted

Sliding Fee Scale available

### Next Start Dates:

September 9<sup>th</sup>, 2010 for 1–3 pm group

September 9<sup>th</sup>, 2010 for 6–8 pm group

### Registration & Intake required

For more information:

Call Deb at 763–566–0088, EXT 219



**Christian Recovery Counseling**

8441 Wayzata Blvd., Suite 120

Golden Valley, MN 55426

[www.christianrecoverycenter.org](http://www.christianrecoverycenter.org)

